



SAN DIEGO HOSPICE
and The Institute for Palliative Medicine

50 Ways to Take Care of Yourself

1. Rest when you're tired
2. Cry when you're sad
3. Learn to say NO
4. Play with your favorite toys
5. Ride a merry-go-round
6. Eat healthy food
7. Go for a walk with someone you love
8. Brush your teeth
9. Play with your best friends
10. Pet a furry animal
11. Say nice things to yourself
12. Learn how to talk about your feelings
13. Take a bath
14. Be angry when you need to be
15. Listen to the birds
16. Read a book
17. Color or paint
18. Laugh
19. Eat when you're hungry. Stop when you're full.
20. Talk to someone who really understands
21. Make a new friend
22. Exercise
23. Listen to the rain
24. Be honest with yourself and others
25. Ask for help when you need it.
26. Play in water
27. Wear your favorite clothes
28. Look at the stars
29. Plant something
30. Pick some flowers for yourself
31. Learn to listen to your body
32. Get your back rubbed
33. Watch a funny movie
34. Play make-believe
35. Do something nice for someone else
36. Listen to music
37. Paint a picture
38. Make a tent
39. Learn something about something new
40. Turn off the television
41. Listen to the silence inside of you
42. Take a nap
43. Get a hug
44. Spend some time with someone who lets you be yourself
45. Wrap yourself in a blanket
46. Help someone who needs help
47. Blow bubbles
48. Sing a song
49. Give yourself a big hug
50. CELEBRATE YOU!!

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